

Virtual Conversation Map[®] for Diabetes

Facilitator Guide



Session 4

Healthy Eating and Diabetes

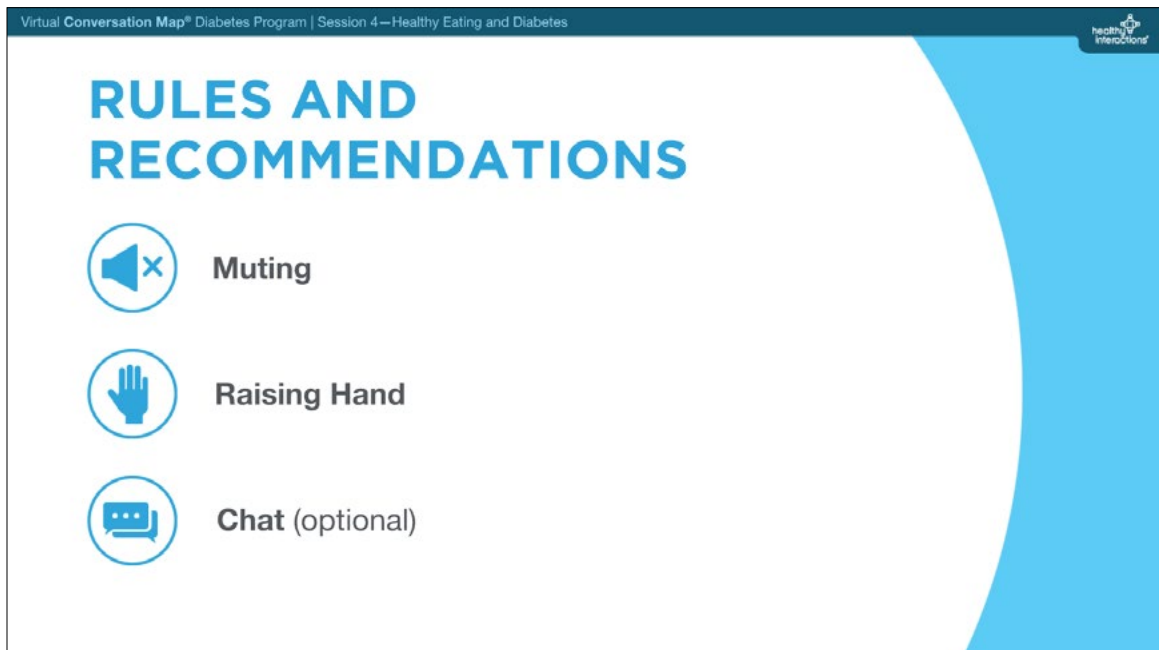
4



Welcome back! Again, my name is <your name> and in today's session we will be focusing on **healthy eating** and diabetes. (continue reading)


Just a few reminders...this program and process requires participation in the form of reading, listening, and talking, so you can learn from one another and make decisions to help you better manage your diabetes. (continue reading)

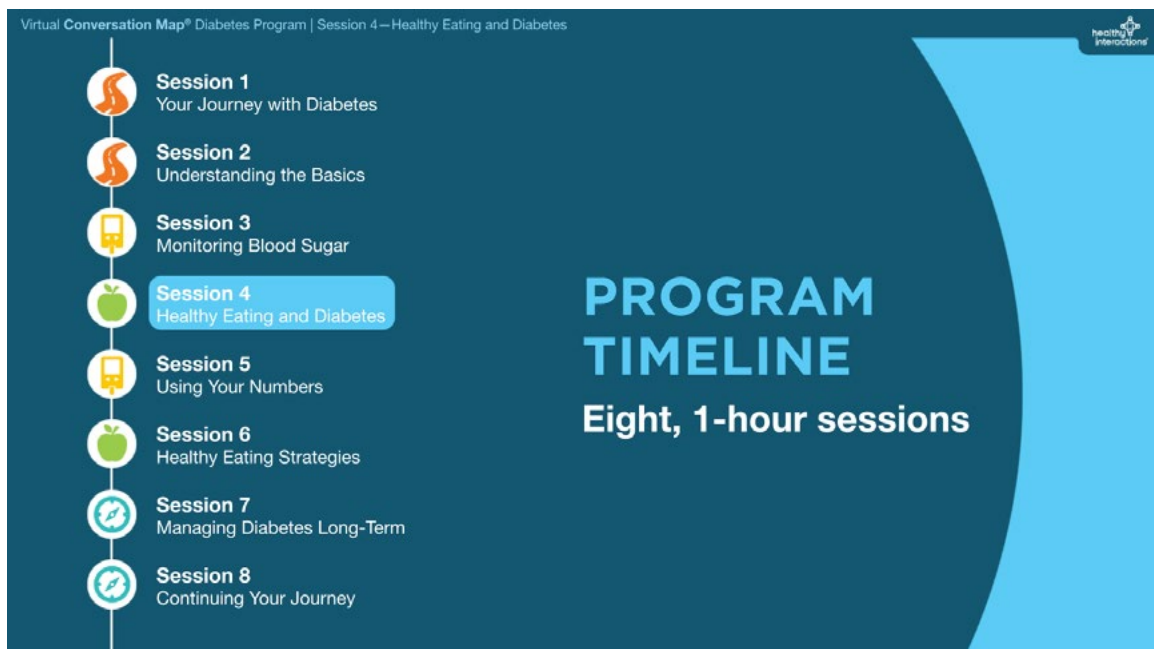
Today, we will be using a different *Conversation Map* which you should see on the right side of your screen. We will explore this Map visual more in a few minutes.



Does anyone need a refresher on muting and unmuting, raising their hand, (or the chat window)? (stop and discuss)

Visual Highlight:

Hover  your cursor over the *icons* to the left to direct participant's attention to the specific rule/recommendation while it is being described.




Today is session four in our program and our focus will be on healthy eating.

Virtual Conversation Map® Diabetes Program | Session 4—Healthy Eating and Diabetes

healing interactions

HOW HAS IT BEEN GOING?

Do you have a success, challenge, or question about your experience since our last session you would like to share?

A photograph showing a person's hands holding a smartphone to take a picture of a bowl of food. The bowl contains a salad with green beans, tomatoes, and other vegetables. The person is wearing a gold watch and a bracelet. The background is a kitchen counter with various items.

Okay, with that let's get started by briefly discussing what you have been working on since our last session. Would anyone like to share something about their experiences since we last met, like a success, challenge, or question that has come up for you? (stop and discuss)

Thanks for sharing some of what you have been doing since our last session.

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healing4all

HOW HAS IT BEEN GOING?

Did you take any pictures of your meals?

How did that go?

A photograph showing a person's hands holding a smartphone to take a picture of a bowl of food. The food appears to be a salad or a mix of vegetables and protein. The person is wearing a watch and a bracelet. The background is slightly blurred, showing a kitchen setting.

Last time, I invited everyone to take some pictures of their meals or write down some of their meals. How did that go? What was your experience like? (stop and discuss)

That's great! Just remember, if questions come up outside of these sessions, I can also help if you send me a message through the *map4health*® app or otherwise.

Facilitator Tip:

Address any questions/thoughts in the *chat box* that haven't been discussed yet.

Session 4—Healthy Eating and Diabetes




As I mentioned earlier, we have a different *Conversation Map* visual for today's session. It should be up on your screen now. How would you describe what is going on in the visual? What are some of the things you notice or that stand out to you? (stop and discuss)

Good, you have highlighted and noticed many of the things we will be discussing today.



Visual Highlight:

Hover  your cursor over the *numbers* along the dotted line to direct participants' attention to each topic while it is being described.

Now, let's take a look at the specific topics we will be discussing in today's session. We will explore:

1. The relationship between food and diabetes
2. Your feelings about food and diabetes
3. Some basics about food and food choices and understanding the nutrients you need
4. Some strategies for healthy eating
5. Setting goals

Session 4—Healthy Eating and Diabetes



Let's start by focusing on the left side of the Map visual at the *buffet scene*, and discuss a couple of general questions.



How would you describe the relationship between food and diabetes? In other words, why is food such a big part of managing your diabetes? (stop and discuss)

Do you have any specific questions or concerns about food and healthy eating that you would like to discuss during this session? (stop and discuss)

That's great! We will try to touch on many of those questions and topics today, and another upcoming session will also focus more on healthy eating strategies.

Facilitator Tip:


Address any questions/thoughts in the *chat box* that haven't been discussed yet.

Session 4—Healthy Eating and Diabetes



There is no doubt that for many of us, food is an important part of our lives. Let's focus on the *ice cream scene* in the lower-left corner of the Map visual and talk a bit about having diabetes, food, and your feelings.

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healthy interactions

WHAT FEELINGS HAVE YOU HAD ABOUT HAVING DIABETES and what you've been told about food or eating?

What feelings have you had about having diabetes and what you've been told about food or eating? (stop and discuss)

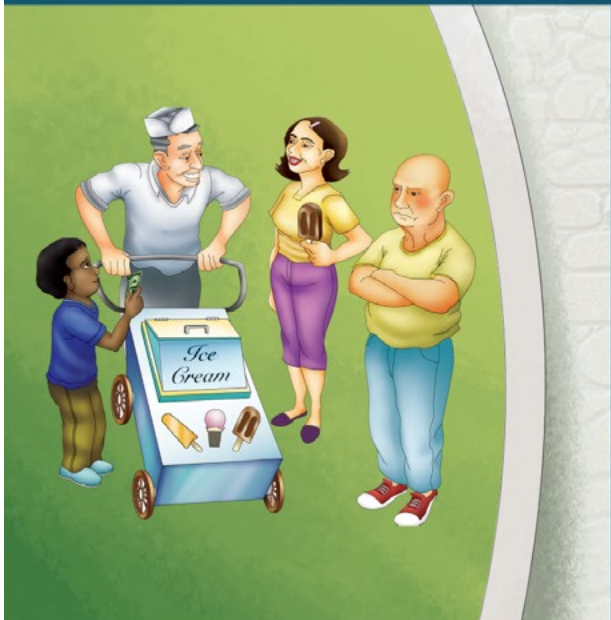
Virtual Conversation Map® Diabetes Program | Session 4—Healthy Eating and Diabetes

An illustration of an ice cream vendor in a white uniform and hat pushing a blue cart labeled 'Ice Cream'. The cart has images of various ice cream cones. A young boy in a blue shirt is reaching for an ice cream cone. A woman in a yellow shirt and purple pants is holding a chocolate ice cream cone. A man in a yellow shirt and blue pants is standing next to her with his arms crossed. They are all smiling and looking at the ice cream cart. The background is a green field with a white curved line.

WHAT DO FOOD AND EATING MEAN TO YOU
in terms of your likes
and dislikes, family,
culture, and religion?

What do food and eating mean to you in terms of your likes and dislikes, family, culture, and religion? (stop and discuss)

Virtual Conversation Map® Diabetes Program | Session 4—Healthy Eating and Diabetes

An illustration of an ice cream vendor in a white uniform and cap pushing a blue cart labeled 'Ice Cream'. The cart has images of various ice cream cones. A young boy in a blue shirt is reaching for an ice cream cone. A woman in a yellow shirt and purple pants is holding a chocolate ice cream cone. A man in a yellow shirt and blue pants is standing next to her, looking at the vendor. The background is a green field with a white curved line.

**HAVE YOUR
FEELINGS ABOUT
EATING CHANGED?**

In what ways?

Healthy Interactions

Have your thoughts and feelings about eating changed since you were first diagnosed with diabetes? If so, in what ways? (stop and discuss)

Facilitator Tip:


Address any questions/thoughts in the *chat box* that haven't been discussed yet.

Session 4—Healthy Eating and Diabetes



One of the things that can help make eating less stressful is to understand more about food and food choices. Let's take a closer look at some basic concepts related to food by looking at the *chalk drawings* at the bottom center of the Map visual.

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WHAT IS A NUTRIENT?

What nutrients are found in food?

Can anyone tell me what is a nutrient and what major nutrients are found in food?
(stop and discuss)




This slide contains an activity that requires you to click on a button(s) to complete the activity. Do not move on to the next slide until all buttons have been clicked.

Along the right side of the screen are several placeholders. I am going to reveal information in each *placeholder* or *box* one at a time. May I have a volunteer read the information in the box as I do this? Then, as a group, let's discuss that information and decide what term you believe it best matches. After you decide on each of the boxes, we will talk about your answers.

(stop and do)



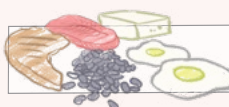




Facilitator Tip:

Click  on each *box placeholder* to reveal the information on that specific box one at a time. As the group comes to a consensus on where they want each box placed, make a mental note of any erroneous placements or write it down on a separate sheet of paper so you can review their responses after all 5 boxes have been read and discussed.

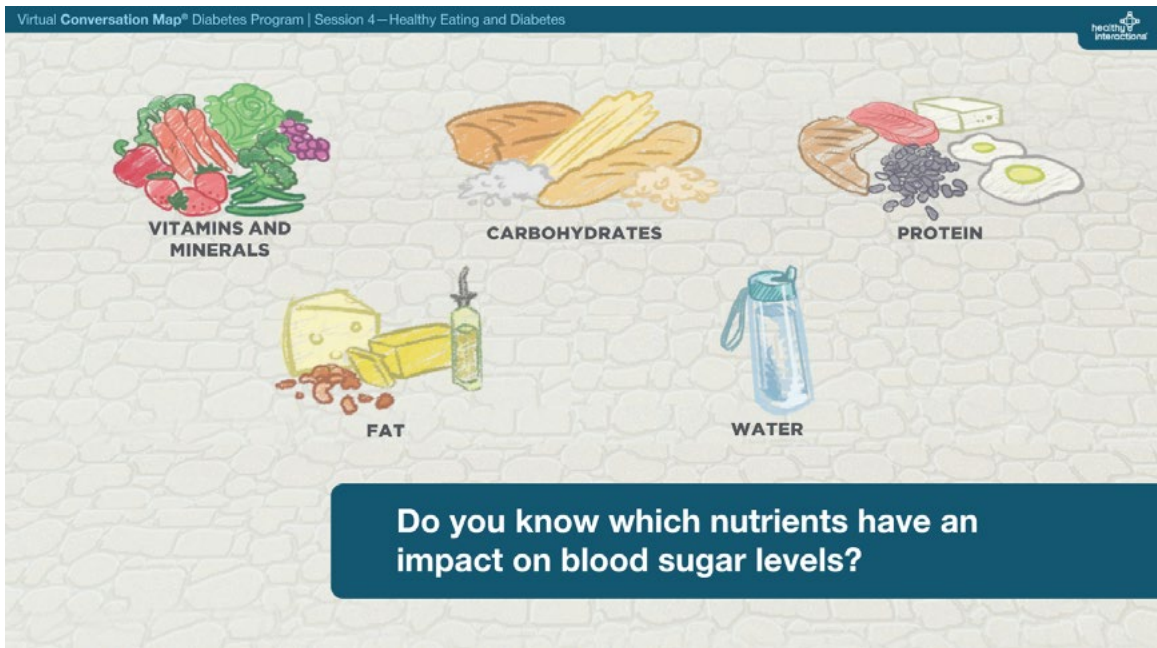
When you are ready to reveal the answers, click the “Check Answers” button located at the bottom of the screen.

Answers

	VITAMINS AND MINERALS	These nutrients are needed in small amounts for your body to work correctly. You must get these nutrients from food because your body can't make them.
	CARBOHYDRATES	This is another name for sugars, fiber, and starches. Your body burns this for energy and needs more of this nutrient than any other.
	PROTEIN	This nutrient helps to build and repair muscles, skin, and every cell in the body.
	WATER	This nutrient is essential for life. It does not have calories.
	FAT	This nutrient has more calories per bite than any other nutrient. It also supplies energy, helps maintain healthy skin, and helps transport some vitamins.

Do you have any questions about any of these nutrients or what they do? (stop and discuss)

Session 4—Healthy Eating and Diabetes



Do you know which nutrients have an impact on blood sugar levels? (stop and discuss)

Although carbohydrates, will have the most impact on your blood sugar levels, your body needs all of these nutrients to feel good, repair itself, and fight disease. The key is finding the right balance of foods and nutrients that will help you keep your blood sugar in your target range.



Finding the right balance of foods and nutrients can be a real challenge. Let's talk about some of the food options one has by stopping along the *food stands* across the center of the Map visual and looking at the six major food groups shown on the *umbrellas* over each *stand*.

(continue reading)

May I have a volunteer read aloud the names of the 6 food groups listed on the *food stand umbrellas*? (stop and do)

- Starches
- Fruits
- Milk
- Vegetables
- Meat
- Fats and Sweets

Session 4—Healthy Eating and Diabetes



Let's talk a little bit about what you eat. What are some of the foods you eat most often and what food group or groups do they fall into? (stop and discuss)

Session 4—Healthy Eating and Diabetes



What impact do you think each of these food options have on your blood sugar?
(stop and discuss)

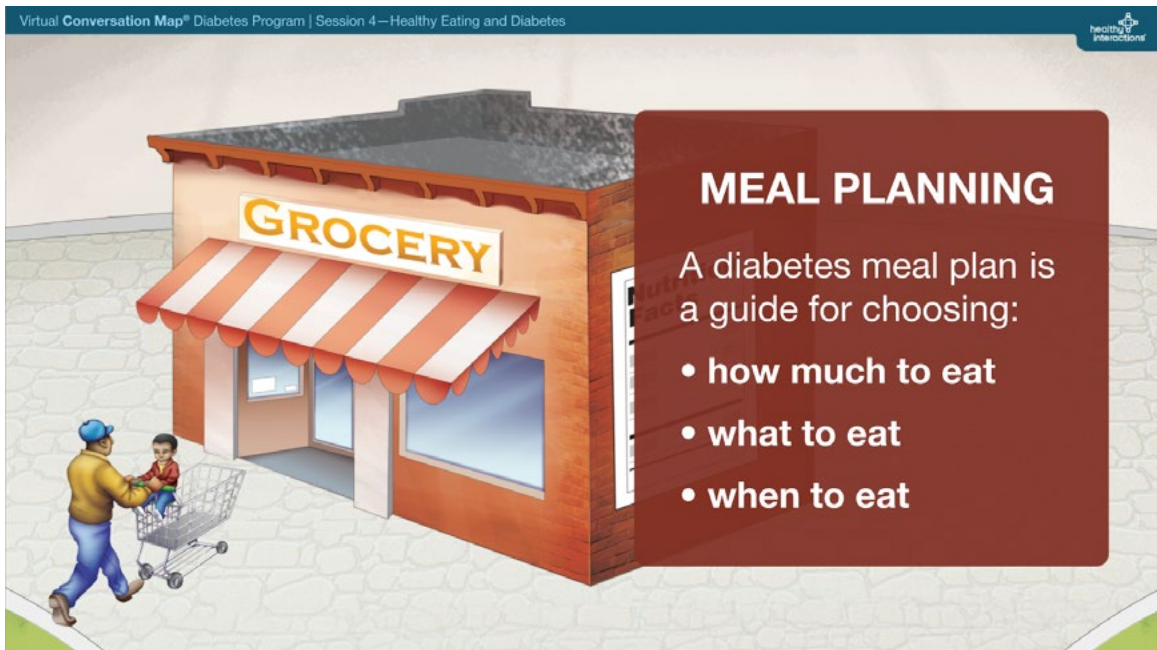
Facilitator Tip:

Address any questions/thoughts in the *chat box* that haven't been discussed yet.

Session 4—Healthy Eating and Diabetes



There are a lot of strategies for making food choices—the key is finding which ones work for you. Let's look at one of these strategies by focusing on the *grocery store* in the upper-left corner of the Map visual and talk about meal planning.




May I have a volunteer read the definition of Meal Planning that is now on your screen?
(stop and do)

A diabetes meal plan is a guide for choosing:

- *how much to eat*
- *what to eat*
- *when to eat*

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ARE YOU DOING ANY KIND OF MEAL PLANNING?


What successes or challenges have you had?

Nutrition Facts

Healthy Interactions

Are any of you doing any kind of meal planning? If so, what successes and/or challenges have you had? (stop and discuss)

Virtual Conversation Map® Diabetes Program | Session 4—Healthy Eating and Diabetes




healthy interactions

- LABEL READING
- KEEPING A FOOD DIARY
- USING A SHOPPING LIST
- CARB COUNTING
- PRE-PLANNING MEALS
- UTILIZING SPECIFIC COOKBOOKS
- PLATE METHOD

Have you tried any of these strategies?
What successes or challenges have you had?

Visual Highlight:


Hover  your cursor over each *bullet point* to direct participants' attention to each strategy while it is being described.

Other strategies like label reading, keeping a food diary, using a shopping list, carb counting, pre-planning meals, utilizing specific cookbooks, the plate method, etc., are all strategies you can use. (continue reading)

Have you tried any of these strategies or any others? What successes have you had and have any of you experienced any challenges related to these strategies? (stop and discuss)

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What key pieces of **INFORMATION** can a nutrition label provide?



Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 2g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

An important skill for anyone with diabetes to have is understanding what information a food label (or nutrition label) has on it. Let's look at a common food label. (continue reading)

What are some of the key pieces of information this nutrition label can provide? (stop and discuss)

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HOW MANY CALORIES ARE IN THIS FOOD ITEM?

What about the entire package?

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	230
Calories	
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
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Protein 2g	
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Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

How many calories are in this food item? What about if you eat the entire package? How many calories would you be consuming? (stop and discuss)

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HOW MANY CARBS DOES THIS FOOD ITEM HAVE?

Why is it important to look at the amount of carbs in a food?

Nutrition Facts
8 servings per container
Serving size 2/3 cup (55g)

Amount per serving
Calories **230**

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
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Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

How many carbohydrates does this food item have? Why is it important for someone with diabetes to look at the amount of carbohydrates in a food? (stop and discuss)

Virtual Conversation Map® Diabetes Program | Session 4—Healthy Eating and Diabetes

WHAT IS A REASONABLE AMOUNT OF CARBS to have at any one time or at one meal?

Nutrition Facts
8 servings per container
Serving size 2/3 cup (55g)

Amount per serving **Calories** **230**

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 2g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Does anyone know what is a reasonable amount of carbs to have at any one time or at one meal? (stop and discuss)

Facilitator Tip:

The appropriate amount of carbohydrates for each person depends on a number of factors. Because of this, the American Diabetes Association recommends that a person with diabetes consults with a RD/RDN or CDCES to develop an individualized plan.

Virtual Conversation Map® Diabetes Program | Session 4—Healthy Eating and Diabetes

What is considered
**ONE SERVING
OF CARBS?**

Nutrition Facts
8 servings per container
Serving size 2/3 cup (55g)

Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
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Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

What is considered one serving of carbohydrates? (stop and discuss)

Facilitator Tip:

One serving of carbohydrates is equal to 15 grams.

Virtual Conversation Map® Diabetes Program | Session 4—Healthy Eating and Diabetes

WHAT IS
“CARB COUNTING?”

Are you doing it?

Nutrition Facts
8 servings per container
Serving size 2/3 cup (55g)

Amount per serving	
Calories	230
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 180mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
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Protein 2g	
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Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Have any of you heard of the concept of carb counting? Are any of you doing it today?
(stop and discuss)

Carb counting just means that you are keeping track of the amount of carbohydrates in the foods you eat. Each of you will have different target ranges for the total number of carbs you should eat at each meal and/or snack and a dietitian can help you determine how many carbohydrates are right for you. The most important thing to remember is that carbohydrates will have the most impact on your blood sugar but they are essential to an overall healthy and balanced diet.

Facilitator Tip:

Address any questions/thoughts in the *chat box* that haven't been discussed yet.

Session 4—Healthy Eating and Diabetes



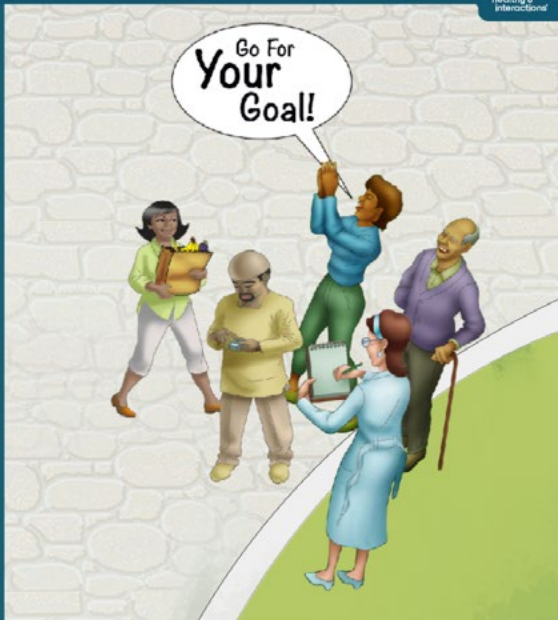
There are a lot of other things to know about food choices that can sometimes be confusing, like foods with special claims, diet foods, sugar substitutes, alternative sugars, fat substitutes, etc. (continue reading)

Do you have any questions about any of these things? (stop and discuss)

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WHAT WAS MOST MEANINGFUL TO YOU?

What information from this session can you share with your support network?



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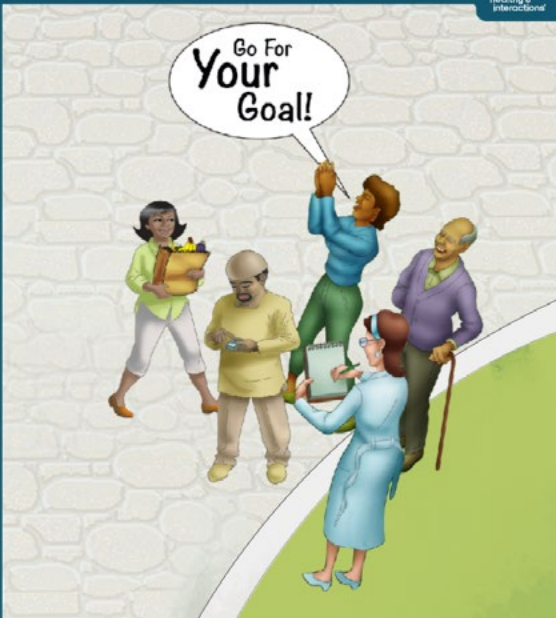
Take a moment to think about everything we have discussed during our session today. What was most meaningful to you personally? (stop and discuss)

What information from this session can you share with your support network so they can better help you achieve your goal(s)? (stop and discuss)

Virtual Conversation Map® Diabetes Program | Session 4—Healthy Eating and Diabetes

What is one thing you would like to work on between now and next time?

TRY TO SET SMALL AND REALISTIC GOALS.



healthy interactions

As we discussed in previous sessions, I will encourage you to set and work on various goals over the course of this program. (continue reading)


What is one thing related to your diabetes self-management you would like to work on, or continue to work on, between now and next time (i.e., your near-term goal(s))? This can be the same goal from the last session or a different goal. (stop and discuss)

The big and small steps you take throughout the 8 sessions of this program can begin to reshape how you manage your diabetes. So, to wrap up today's session, let's talk a little bit about another activity I would like you to try from now until we meet next time.

Virtual Conversation Map® Diabetes Program | Session 4—Healthy Eating and Diabetes

BETWEEN NOW AND NEXT TIME

- Continue to take pictures of your meals
- Record what you eat and your blood sugar readings for at least one day using the *map4health* app or a journal



healthy interactions

Next time, we will be discussing a concept called “pattern management.” To better understand your personal blood sugar patterns, it will be helpful to use the *map4health*® app to record both one day of meals and one day of blood sugar readings. If you are not using the app you can simply record your food choices and your blood sugar readings in a journal. So, between now and next time, I’d like you to each spend one day recording what you eat as well as your blood sugar readings. (continue reading)

Remember, using the *map4health* app can help you keep track of your meals and eating habits (i.e., a Food Journal) and if you’re unsure about how a new food might affect your blood sugar, you can send the picture to me. Since the *map4health* app also allows you to track your blood sugar, you can use these pictures to easily track how your eating habits and meal plan are impacting your blood sugar. (continue reading)

Do you have any questions about this “assignment”? (stop and discuss)

Facilitator Tip:

Address any questions/thoughts in the *chat box* that haven’t been discussed yet.

THANK YOU

VIRTUAL CONVERSATION MAP® DIABETES PROGRAM

- ✓ Session 1 — Your Journey with Diabetes
- ✓ Session 2 — Understanding the Basics
- ✓ Session 3 — Monitoring Blood Sugar
- ✓ Session 4 — Healthy Eating and Diabetes
- Session 5 — Using Your Numbers
- Session 6 — Healthy Eating Strategies
- Session 7 — Managing Diabetes Long-Term
- Session 8 — Continuing Your Journey



Thank you very much for your participation today. I look forward to talking with in our next session scheduled for **<identify time and date for the group>**. (continue reading)

Are there any final thoughts or questions before we end our session? (stop and discuss)

Facilitator Tip:

Address any questions/thoughts in the *chat box* that haven't been discussed yet.

Again, thanks very much and I will see you next time.

END SESSION